



Friendship Heights

# VILLAGE NEWS

SEPTEMBER 2019

VOLUME 35, NO. 9 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



**George Washington,  
the dealmaker,  
see page 4.**

## A day in Maryland's capital by land and by sea

Spend the day touring the U.S. Naval Academy, dining like an officer and hitting the high seas—okay maybe just the harbor and Severn River—when we explore Annapolis on **Friday, Sept. 27**. Our day in Maryland's picturesque capital begins with a 1-hour and 15-minute walking tour of the U.S. Naval Academy. Our tour guide will discuss the



fascinating history and highlights of the Naval Academy, including a visit to the crypt of Revolutionary War hero John Paul Jones, Bancroft Hall (midshipmen dormitory), the statue of Te-cumseh, and the Herndon monument (famous for the Herndon Climb). The Academy is the undergraduate college of the U.S. naval service. Academy

**Continued on page 5, see Annapolis**

## September is Sepsis Awareness Month

### *Sepsis survivor shares her story*

Village resident Cheryl Douglass will discuss her battle with sepsis and its consequences on **Wednesday, Sept. 25, at 3 p.m.** at the Village Center.

Ms. Douglass personally survived sepsis more than 10 years ago, but she lost all four lower extremities in the process. The way in which she contracted her infection was never found. Ms. Douglass will discuss how she copes with life after her amputations and why increased awareness of this affliction is an important first step in protecting public health.

Sepsis is not a disease, but rather an extreme body response to a dangerous blood infection. A simple skin scrape can lead to sepsis and death. The very young and the very old are at the highest risk.

The good news is that sepsis is highly treatable with antibiotics. It becomes a life and death matter,

however, if the presence of sepsis is not recognized and treated in time in the emergency room. A nationwide effort is underway to ensure that medical professionals, especially those in emergency wards and nursing homes, are properly trained and have protocols in place so that the condition can be identified more quickly and treated before it's too late. Technologies are being developed to provide new blood tests that can detect the condition faster than hospitals can now.

Simply put, sepsis is the most preventable cause of death and disability in the world.

Please join us and encourage friends, parents, caregivers and health care professionals to attend this very important talk.

The event is open to the public. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.

## What's your story?

### *Celebrate Grandparents Month in September*

Share stories of your life with grandchildren or other special people in your life when we honor grandparents with a special workshop on **Saturday, Sept. 28, from 12 to 1:30 p.m.**, at the Village Center.

Writing instructor Barbara Rosenblatt will make a short presentation on writing stories. Then we'll have time for interviews with suggested questions, time to share with others, and refreshments.

This is a great opportunity for your children and grandchildren to share family stories that may be handed down to future generations.

Please join us for what promises to be a fun and enlightening experience. You don't have to be a grandparent to participate—just come willing to share your story. Refreshments will be served.

The event is free, but please call 301-656-2797 if you plan to attend.

**A doctor's view of sepsis, see page 16.**



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## John Eaton returns with blues, Broadway and more

The inimitable John Eaton presents "Broadway, Blues and Jazz III" featuring favorites from the Great American Songbook on **Monday, Oct. 7, at 3 p.m.**, at the Village Center.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton, is considered one of the foremost interpreters of American music. From jazz clubs to the White House, Eaton has performed for more than 30 years. The concert is free, but please call the Village Center at 301-656-2797 if you plan to attend.



*Friendship Heights*

## VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space in the October issue is September 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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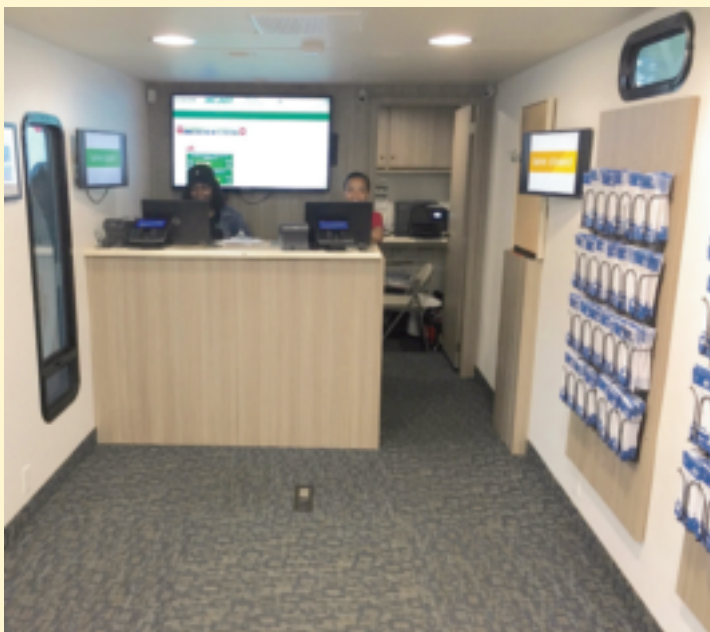


# Village Council Update

## Check out the County Commuter store

Montgomery County's Mobile Commuter store, TRiPS, comes to the Village every Wednesday from 10:15 a.m. to 1:15 p.m. The mobile store parks on Friendship Boulevard next to the Village Center, in the same spot as the MVA bus.

The vehicle staff provides all the same services that were available at the former TRiPS store location on Wisconsin Circle by the Metro station. You can buy transit passes for Metrorail, Metrobus and Ride On, including Senior SmarTrip cards (good for discounted fares), regular cards and Ride On Youth Cruisers, plus MARC Rail. Friendly staff provide information on using all types of transit, biking, bikeshare and other options



The commuter store has lots of information on various transit options and onsite staff to provide assistance.

for getting around without driving. The store is ADA accessible with a wheelchair lift.

Visit [www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute) or call 240-773-8747 for more information on the TRiPS schedule of locations, hours of operation and services.

## Kids Ride Free program

Students in grades K–12 can now ride free on any Ride On bus by showing their school ID or Youth Cruiser SmarTrip card to the bus operator. Youth Cruiser SmarTrip cards can be obtained at the Mobile Commuter



store or at any County library and select schools. Go to [www.RideOnBus.com](http://www.RideOnBus.com) for additional information on the Kids Ride Free program.

Starting October 1, all student riders must use the Youth Cruiser SmarTrip Card for free rides. Children under 5 must be accompanied by a parent or guardian.

## Shredding truck returns in October

The Shred-it truck will park on Friendship Boulevard, next to the Village Center, on **Thursday, October 24, from 5 to 7 p.m.** Residents are invited

to bring paper materials for shredding. *This service is available for Village residents only.*



*There was no Council meeting in August. The next Council meeting, open to the public, will be **Monday, September 9, at 7:30 p.m.** at the Village Center.*

## Unraveling the mysteries behind medical marijuana

It's one of the hottest topics in the country. With medical marijuana dispensaries popping up in small towns and large cities, there are bound to be questions about one of the newest medical treatments. Dr. Matthew Mintz, a board-certified physician in internal medicine who has been in practice for more than 20 years, will discuss the medical uses of marijuana on **Monday, Sept. 16, from 3 to 4 p.m.**, at the Village Center.

Medical marijuana is a natural product that has been used in alleviating pain and suffering for many medical conditions, including fibromyalgia, chronic pain, anxiety and severe insomnia.

Medical marijuana does not need to be smoked, and most patients can administer it through a variety of methods including liquid, tinctures, transdermal patches, sprays or pills.

In Maryland, certain conditions are automatically qualified: cachexia, anorexia/wasting, severe/chronic pain, severe nausea, seizures, severe/persistent muscle spasms, glaucoma and PTSD.

Medical marijuana is not prescribed. Patients need to both register with the Maryland Medical Cannabis Commission and obtain a medical evaluation and certification from a provider registered with MMCC. Certified patients can then obtain medical marijuana from a licensed Maryland dispensary.

Dr. Mintz is one of the few physicians in Maryland that is registered to certify patients for medical marijuana. His office is located in the Wildwood Medical Center in Bethesda.

The program is offered by Synergy Home Care.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



## George Washington, early America and the entrepreneurial spirit

The entrepreneurial spirit has a long history in America. This spirit, according to Bethesda author Cyrus A. Ansary, was put in place by our first president, who overcame fierce opposition to bring his vision to fruition. Join us on **Thursday, Sept. 12, at 7 p.m.**, when Ansary discusses his book "George Washington: Dealmaker-in-Chief— The Story of How the Father of Our Country Unleashed the Entrepreneurial Spirit in America."

Drawing on a lifetime of studying the first president, Ansary offers a riveting account of Washington's hugely successful dealmaking. The book presents a fascinating story of how Washington put in place an economic system that nurtures and rewards innovation and inventiveness.

Ansary, an international lawyer, financier and educator, was a member of the Life Guard Society of George Washington's Mount Vernon.

Copies of the book will be available for purchase.

Please call the Village Center at 301-656-2797 if you plan to attend.

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# ON THE GO

## Annapolis, continued from page 1

students are midshipmen on active duty in the U.S. Navy. They receive Bachelor of Science degrees and commissions as ensigns in the Navy or second lieutenants in the Marine Corps. The original 10-acre campus is now 338 acres.

You probably know that John McCain (Class of 1958) graduated from the U.S. Naval Academy. Did you know that the Naval Academy also counts a president (Jimmy Carter, Class of 1947), a Nobel prize winner (Albert Michelson, Class of 1873), and astronauts (including Alan Shepard, Class of 1945), among its graduates?

The entire walking tour covers about a mile. Visitors should expect steps going in and out of buildings.

Please note that visitors to the Naval Academy must present a government-issued photo ID. Non-U.S. citizens may present a passport.

When the tour concludes, we'll enjoy a sumptuous buffet lunch in The Alley of the Officers Club. Lunch includes two hot entrées, two soups, fresh fruit, a salad bar and several side dishes.

Before returning to Friendship Heights, we'll take in the Naval Academy and more from the water, aboard a relaxing 40-minute harbor cruise on the Severn River.

Step aboard the Harbor Queen for a narrated cruise of the Annapolis Harbor and the banks of the Naval Academy. Hear about the history of the Naval Academy, Annapolis as a historic seaport, the region's waterways, and even catch a glimpse of the Chesapeake Bay Bridge. This boat tour is the perfect introduction to Annapolis.



The cost of the trip, which includes round-trip transportation, our guided tour of the US Naval Academy, a buffet lunch in the Officers Club, a cruise on the Severn River aboard the Harbor Queen, and all taxes and gratuities, is \$99.

We'll depart from the Village Center at 9 a.m. and should return by 5:30 p.m.

Residents may sign up immediately at the Village Center; non-residents may sign up beginning Sept. 7. There are 23 spaces available.

## Take a lunchtime break and explore the natural wonders of our national parks

Bring a bag lunch and discover the awe-inspiring natural landscapes and the geological histories and mysteries of our national parks on **Saturday, Sept. 7, and Saturday, Sept. 21, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

On Saturday, Sept 7, we'll celebrate the 100th anniversary of the designation of the Grand Canyon as a national park with two National Geographic video lectures about geology of the Grand Canyon: "The Grand Canyon's 2-Billion Year Staircase" and "Carving the Grand Canyon."

On Saturday, Sept. 21, we'll show two National Geographic video lectures: "Yellowstone: Microcosm of the National Parks" and "Yellowstone's Cataclysmic Origins and Future."

Bring a bag lunch and we'll provide a drink and dessert. Please call 301-656-2797 to RSVP.

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# PLAYING on the BIG SCREEN

*All movies begin at 7 p.m. Enjoy free popcorn during the movies.*

*Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.*

**Thursday, Sept. 5, 7 p.m. Sepsis Talk with Dr. Sarmiento, see page 16 for details.**

**Thursday, Sept. 12, 7 p.m.—Book Signing with Cyrus Ansary, see page 4 for details.**

**Thursday, Sept. 19, 7 p.m.— Movie —“Long Shot” —** Charlize Theron and Seth Rogen make an unlikely pair in this warm-hearted comedy about a talented, free-spirited journalist (Rogen) and a sophisticated, brilliant diplomat (Theron). Rogen has an unfortunate talent for getting in trouble. He unexpectedly meets up with Theron, his former babysitter and childhood crush. She is now one of the most influential women in the world. On impulse, Theron hires Rogen as her speechwriter after he charms her with youthful recollections and self-deprecating humor. To say that Rogen does not fit in with her inner circle is an understatement. Theron is about to launch a presidential bid and her elite team of advisors is not happy with this speechwriter decision at all. The stars begin an around-the-world romance, providing many opportunities for humor. Their chemistry works despite obvious differences. This movie was given a Rotten Tomatoes score of 81 percent. Rated R. Running Time: 115 minutes.

**Thursday, Sept. 26, 7 p.m.—Movie—“Stockholm” —** This is the “absurd but true story” of a bank heist and hostage crisis that happened in 1973. If you are wondering how the psychological term “Stockholm syndrome” originated, here it is. Lars (Ethan Hawke) dons a disguise to rob a central Stockholm bank. He takes hostages as leverage to have his buddy Gunnar released from prison. The hostages are held for days as negotiations with the Swedish prime minister stall. During this period, Lars is both threatening and caring, keeping the hostages off balance. With his comic costuming and penchant for singing pop songs, Lars is an unlikely criminal. Bianca, played by Noomi Rapace, is a bank teller, wife and mother of two, who develops feelings for Lars when she experiences his caring nature. A New Yorker article entitled “The Bank Drama” inspired the movie. Rotten Tomatoes gave “Stockholm” a rating of 68 percent. Rated R. Running Time: 92 minutes.

## Get crafty with our fused glass workshop!

Make a lovely fused glass project in just a few hours during a weekend workshop in October.

Eileen Martin of Martin Glass Creations will host this workshop on **Saturday, Oct. 5, from 11 a.m. to 1 p.m.** at the Village Center.

Ms. Martin will teach students to prepare a fused glass piece, either a small dish or suncatcher, which will be fused in her kiln at her studio.

Learn the nuances of how glass works and also become comfortable with the design possibilities that glass fusing provides. During the two hours, enjoy a slide show and discussion of cold, warm, and hot glass.

Martin will also show how to cut glass either with the scoring device or mosaic tile cutters. You’ll become familiar with frits and stringers, learn how to disperse frits via cups and how to safely break stringers and squiggles. The mosaic technique will be shown. You’ll also be instructed on the basics of glass volume, compatibility, and temperature.



The cost of the workshop, which includes instruction, materials, and firing is \$25 per student for residents. Nonresidents pay \$30 per person. This class is designed for ages 16 and older.

Sign up at the Village Center immediately.  
For information, call 301-656-2797.





# ART and CULTURE

## Featuring fiber, folk and fine arts in the Friendship Gallery

There are art galleries that display the work of fine artists as well as folklorists whose artistic aesthetic encompasses a rich regional heritage and legacy embraced and continued with generations of family and community in all parts of the world.

Curated by Millie Shott, this show features artists who have a wide range of experiences and imagination with historical contexts and contemporary practices.

Edna Searles will provide an exquisite glimpse into her family's tradition of weaving and costume design. Hers is a rich tradition that reaches out from her family and includes community members who share the traditions of the Searles family from Scotland to Louisiana to Western Maryland.

Joyce Zipperer presents a bawdy, but tasteful display of female undergarments and fashion accessories whose whimsy will delight the imagination.

Tara Holl is a mixed media teaching artist who enjoys painting "en plein air," experimenting with many types of materials and celebrating whimsy and joy through her

work.

Join us and meet the artists during a reception on **Sunday, Sept. 15, from 11:30 a.m. to 1 p.m.**

The exhibit runs September 9 through Oct. 5. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

The Village Book Club will meet on **Tuesday, Sept. 17, at 11 a.m.** The book selection is "Snap" by Belinda Bauer. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.



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Friendship Heights  
Village Center



Calendar  
of Events 2019

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	2 10 a.m.: Great Books	3 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates	4 10:15 a.m.–1 p.m.: Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes <b>5:30 p.m.: Community Advisory Committee Meeting</b> <b>7 p.m.: Concert: Songwriter’s Night</b>	5 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 6:30 p.m.: Color Theory <b>7 p.m.: The medical side of Sepsis</b>	6 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	7 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>12–1 p.m.: Brown Bag Great Courses DVD: The Grand Canyon</b>
8 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	9 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>7:30 p.m.: Friendship Heights Village Council Meeting</b>	10 8:15 a.m.: Walking Club <b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b> 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea 7 p.m.: Mat Pilates	11 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.:Chair Exercise 12 p.m.: Chess <b>1 p.m.: Suburban Lecture: Thyroid Issues</b> <b>7 p.m.: Concert: Thomas Pandolfi</b>	12 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 6:30 p.m.: Color Theory <b>7 p.m.: Booksigning: “Washington-Dealmaker in Chief”</b>	13 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	14 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b>
15 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 9:30 a.m.–1 p.m.: Coffee and Sunday Papers <b>11:30 a.m.–1 p.m.: Art Reception</b>	16 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>3–4 p.m.: Medical Marijuana Talk</b>	17 8:15 a.m.: Walking Club <b>10:30 a.m.: Village Playtime: Tonya’s Tots and Seniors</b> 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates	18 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes <b>5:30 p.m.: Program Advisory Committee Meeting</b> <b>7 p.m.: Concert: Tango Reo</b>	19 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4–5:30 p.m.: Spanish Conversation 6:30 p.m.: Color Theory <b>7 p.m.: Movie: Long Shot</b>	20 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	21 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>12–1 p.m.: Brown Bag Great Courses DVD: Yellowstone</b>
22 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	23 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>10 a.m.–2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>6:30–8:30 p.m.: Monday Mountain Music Jam</b>	24 8:15 a.m.: Walking Club <b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b> 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates	25 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes <b>3 p.m.: Life After Sepsis talk with Cheryl Douglass</b> <b>7 p.m. Concert: Machaya Klezmer</b>	26 8:15 a.m.: Walking Club <b>12–1 p.m.: Vision Resource Lunch and Learn</b> 4–5:30 p.m.: Spanish Conversation 6:30 p.m.: Color Theory <b>7 p.m.: Movie: Stockholm</b>	27 <b>9 a.m.: Depart for Annapolis</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	28 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>12–1:30 p.m.: Sharing Stories with Grandparents</b>
29 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	30 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	<div>News from the Reading Room:  Please visit the Center Reading Room to find shelves designated for our growing collection of children’s and young adult books. Magazines in the lobby lounge are free for the taking. Please find them in a basket across from the front desk.</div>				

Shuttle bus hours	
Monday through Friday	6:40 a.m. to 9:40 p.m.
Saturday and Sunday	8 a.m. to 7 p.m.

Village Center Hours	
Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

Twin Springs brings the farm to Friendship Heights

Twin Springs Fruit Farm sets up its market on the portico of the Friendship Heights Village Center every Saturday from 9 a.m. to 1 p.m., until mid-December.

Every Saturday you’ll find fresh vegetables and fruits, jams, jellies, eggs, cheese, honey and fresh-baked breads.







# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

***In the event a class is canceled, a make-up class will be held during the week following the last class of the session.***

## ART

### ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Oct. 4–Dec. 13. Class will not meet on Nov. 29. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Sept. 18–Oct. 23. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### COLOR THEORY (PART 1)

A 5-week class, taught by Kate Samworth, Thursdays, 6:30 to 8:30 p.m., Sept. 5–Oct. 3. This is an introduction to the essentials of color theory and harmonic color mixing. Various approaches to color perception are introduced. Class work consists of experiments based on demonstrations given in each class. Students work toward the mastery of color mixtures and harmonies to be executed in a series of original designs. Students will be asked to create work in gouache outside of class for

discussion. Materials list is available at the Village Center. The minimum number of students is five. \$130 for residents; \$140 for nonresidents.

### PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Oct. 1–Nov. 6. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$65 for residents; \$75 for nonresidents. Minimum number of students is eight; maximum is ten.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Oct. 3–Dec. 19. Class will not meet on Oct. 17 nor Nov. 28. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

### SPANISH CONVERSATION

Elena Marra Lopez, a Village resident

and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 10–Oct. 15. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 6–Oct. 18. Class will not meet on Sept. 20. Exercises are designed to target balance issues and physical strength. \$70 for residents; \$75 for nonresidents. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Sept. 11–Oct. 16. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### **DC TAI CHI (INTRODUCTION)**

A 6-week class, Mondays, 9:30 to 10:30 a.m., Sept. 9–Oct. 14. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information.

### **DC TAI CHI (ONGOING)**

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Sept. 11–Oct. 16. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### **MAT PILATES**

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Sept. 3–Oct. 8. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

### **CHAIR YOGA & MEDITATION**

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Aug. 15–Sept. 19. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use

one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 9–Oct. 21. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Oct. 14.

### **YOGA**

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., Sept. 15–Nov. 3. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$115 for residents; \$128 for nonresidents.

### **ART WORKSHOP**

#### **FUSED GLASS**

Make and take home a beautiful fused glass dish or suncatcher. Saturday, Oct. 3, from 11 a.m. to 1 p.m. Taught by Eileen Martin of Martin Glass Creations. \$25 for residents; \$30 for nonresidents. See page 6 for details.

### **ONGOING GROUPS**

#### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

#### **CHESS**

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

#### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

#### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

#### **GREAT BOOKS GROUP**

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

#### **HEALTH INSURANCE COUNSELING**

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

#### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to

**Continued on page 14, see Classes**



# CONCERTS



Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall of the Village Center.

**Wednesday, Sept. 4—Songwriters' Night featuring Bill Baker and Friends** — Blues-infused singer-songwriter Bill Baker, Texas troubador Keven Dudley, and bluegrass maestro Randy Barrett join forces for a performance at the Village Center. These award-winning singer songwriters put their heads together with tales of wounded warriors, wayward beauty queens, as well as the obligatory songs of love won and lost. Whether joining together in song or playing solo, all the performers will be accompanied by guitar wizard and music master Gantt Kushner.

**Wednesday, Sept. 11—Thomas Pandolfi**— Pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide, and showered with superlatives by critics for his passionate artistry and amazing technique. His orchestral appearances often feature not only the beloved masterpiece concerti by Tchaikovsky, Rachmaninov and Liszt, but also the equally brilliant ones by Paderewski, Rubinstein and Moszkowski. Additionally in the "Pops" genre, Thomas' critically acclaimed performances of Gershwin's "Rhapsody in Blue" and "Concerto in F," Addinsell's "Warsaw Concerto" and Proctor's "James Bond Concerto" are immensely popular.

**Wednesday, Sept. 18 —Tango Reo** — Tango Reo is a Washington D.C. area tango group. They have been delighting audiences throughout Maryland, DC, and Northern Virginia for several years. Besides tango dance events, the group can provide a unique concert experience, representing the vibrant and seductive rhythms that comprise a tango repertoire, along with some entertaining background information. Claudia Gargiulo provides the mesmerizing vocals, Susan Jones adds emotional intensity on the violin, Charles Kelly gives the flavor of tango music with his bandoneon, while Victor Medina, our maestro, holds it together on piano, and Rita Eisenberg provides the backbone of the music with her bass.

**Wednesday, Sept. 25 — Machaya Klezmer Band**— Klezmer is a style of music that is inherently Jewish in nature. The word *klezmer* comes from two Hebrew words, kley and zemer, meaning vessel of music or song. The idea is that the instrument, i.e. the violin or clarinet, takes

on human characteristics like laughing and crying with a joyous exuberance or soulful wailing. Klezmer is a product of Eastern European Yiddish culture which Jewish immigrants brought with them to the United States in the 1880s. Klezmer musicians (also called klezmerim) were an informal group of musicians. Many were itinerants who went from village to village in Eastern Europe. They played traditional music, folk songs, folk dances and solemn hymns before prayers.

**Looking ahead: Oct. 2: Christiana Drapkin**

## We're jammin' at the Center!

Join our monthly Mountain Music Jam on **Monday, Sept. 23, from 6:30 to 8:30 p.m., at the Village Center.**

If you know basic chords in different keys, you might want to just jump right into this bluegrass jam! Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome.

Or just come to listen and enjoy as the musicians gather to make great sounds together.

Whether you're picking with the musicians or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.



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# TO YOUR HEALTH

## Demystifying your thyroid

Thyroid disorders can range from a small, harmless enlarged gland that needs no treatment to life-threatening cancer. Although the effects can be unpleasant or uncomfortable, most thyroid problems can be managed well if properly diagnosed and treated. Dr. Vaninder Dhillon, otolaryngologist at Johns Hopkins Community Physicians, will review the signs and symptoms of various thyroid diseases during this month's Suburban Lecture on **Wednesday, Sept. 11, from 1 to 2 p.m.**, at the Village Center.

The most common thyroid problems involve abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.



She will also discuss when to get your thyroid examined and risk factors for thyroid cancer.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

## Vision Resource Lunch and Learn

### *Maintain eye health as you age*

September is Healthy Aging Month, a time to focus on the positive aspects of growing older. Learn more about how you can keep your eyes healthy from guest speaker Viraj J. Mehta, from the Washington Eye Physicians and Surgeons, while enjoying lunch on **Thursday, Sept. 26, from 12 to 1 p.m.** at the Village Center.

Dr. Mehta is a board-certified ophthalmologist who has authored numerous articles and textbook chapters and has presented research at conferences around the country.

Many eye diseases and vision problems correlate with increasing age—one in six Americans 65 years of age and older, have a vision impairment that cannot be corrected with glasses or contact lenses. Luckily, there are many things you can do to preserve your vision and prevent many eye problems from developing or progressing!

One of the major things you can do is make sure to receive your regular comprehensive, dilated eye exam. As you age, your eyesight can change faster than when you were younger. A dilated comprehensive eye exam will catch any issues and will provide an opportunity to ask questions.

There are many more preventive actions you can take to preserve your vision for a lifetime. All are invited to come learn with us—no matter your vision level or age!

A light lunch will be provided; you must pre-register by calling 301-656-2797.



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### Classes, continued from page 11

adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month, 3 to 4 p.m.

### TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

### TONYA'S TOTS AND SENIORS

Exercise instructor Tonya Walton will offer an intergenerational program that brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver. See page 16 for details.

### VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

### VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

### VILLAGE PLAY TIME

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

### VISION RESOURCE LUNCH AND LEARN

The Vision Resource Lunch and Learn meets the fourth Thursday of the month from 12 to 1 p.m. See page 13 for details.

### WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340 for details.

### YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



## Fight the flu!

Giant Supermarket Pharmacy will administer flu shots at the Village Center on **Wednesday, Oct. 2, from 1 to 4 p.m.**, to anyone 9 years or older.

The trivalent (or High Dose) vaccine protects against two A strains and one B strain of influenza and is recommended for those 65 years of age or older. The quadrivalent vaccine protects against two A strains and two B strains of influenza.

The trivalent vaccines contain **A/Brisbane/02/2018 (H1N1)pdm09-like virus, A/Kansas/14/2017 (H3N2)-like virus, and B/Colorado/06/2017-like (Victoria lineage) virus.**

The quadrivalent vaccines contain **the three viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus.**

There is no charge for individuals with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage), but you must bring your card with a current identification number and matching address. The fee for non-Medicare recipients is \$80 for high dose and \$42 for regular dose. Cash payments are accepted.

Registration is required. Call 301-656-2797. You must have an appointment to receive a shot.

Please note that due to changes in payment processing, the original provider, Inova Well, is unable to accept Medicare. Therefore Giant Pharmacy will be conducting the clinic instead.

### ***A Note from the Program Director***

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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## New program teams toddlers with seniors for fitness fun

Fitness instructor Tonya Walton begins a new exercise program at the Village Center this fall designed to bring toddlers

together with seniors. Part of our Tuesday morning "Village Playtime," the program will take place on the third Tuesday of every month from 10:30 to 11:30 a.m. This intergenerational class will benefit participants by impacting overall health and socialization.

The class requirements: smile, breathe, and laugh!

There is no charge for the program, but senior participants are encouraged to call the Village Center at 301-656-2797 to let us know you are coming.



## The medical side of sepsis

Suburban Hospital Intensive Care Unit physician Dr. Mauro Sarmiento will discuss what sepsis is, when to suspect it, and the diagnosis, treatment, and its consequences on **Thursday, Sept. 5, at 7 p.m.**, at the Village Center.

Sepsis is the body's extreme response to an infection. It is life-threatening, and, without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Detecting sepsis early and starting immediate treatment is often the difference between life and death. While all are at risk, those with weaker immune systems—the very young, the elderly, those on immune-compromising medications—are prone to infections and risk of sepsis. It is estimated that each one-hour delay in treatment of sepsis increases mortality by seven percent.

The talk is offered by the Village of Friendship Heights in collaboration with the Friendship Heights Neighborhood Network's Forum program.



*Friendship Heights*

**VILLAGE NEWS**

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**September 2019 events calendar**